

Injuries in Utah, 2011

Introduction

Injuries and violence can have a dramatic impact on a person's ability to lead an active, fulfilling life. Every day in Utah,

- **4 people die** from injury or violence¹
- **31 people are hospitalized** due to injury or violence¹
- **444 people are treated in an emergency department** due to injury or violence¹.

Research shows that most injuries are predictable and preventable.

Injury Deaths

In 2011, the top five injury related deaths¹ in Utah were: (Table 1)

1. Suicide
2. Poisoning (excludes suicides)
3. Motor Vehicle Traffic Crashes
4. Unintentional Falls
5. Unintentional Suffocation

| Leading Causes of Injury Death, Utah, 2011 | | | |
|--------------------------------------------|------------------------------------------------|------------------|-----------------------|
| Rank* | Cause of Injury Death | Number of Deaths | Age-adjusted Rate per |
| 1 | Suicide | 494 | 19.2 |
| 2 | Poisoning (excludes suicides) | 476 | 18.5 |
| 3 | Motor Vehicle Traffic | 247 | 9.1 |
| 4 | Unintentional Falls | 189 | 9.1 |
| 5 | Unintentional Suffocation | 59 | 2.5 |
| 6 | Homicide | 52 | 1.9 |
| 6 | Unintentional Drowning | 36 | 1.3 |
| 8 | Natural/Environment | 19 | 0.8 |
| 9 | Other Motor Vehicle Non-Traffic | 15 | 0.6 |
| 10 | Pedestrian Motor Vehicle Non-Traffic and Other | 13 | 0.4 |

*Rank is by the number of injury deaths in 2011

“When we ask people if they think Zero Fatalities on Utah's roads is an achievable goal, most people tell us no. But when we ask them how many of their loved ones they'd be willing to lose in a crash, they quickly realize that Zero is the only acceptable number.”



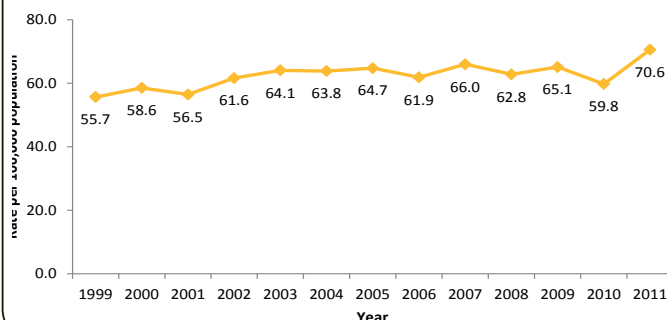
Utah Trends

In 2011 alone,

- **1,773 Utahns died** from an injury or violence¹
- **11,571 Utahns were hospitalized** due to an injury or violence¹
- **154,047 Utahns were treated in an emergency department** due to an injury or violence.¹ That's enough people to fill the Energy Solutions Arena **eight** times!²

The rate of injury deaths in Utah increased significantly from 2010 (59.8 per 100,000) to 2011 (70.6 per 100,000) (**Figure 1**).

Figure 1: Age-adjusted Rate of Injury Deaths, Utah, 1999-2011

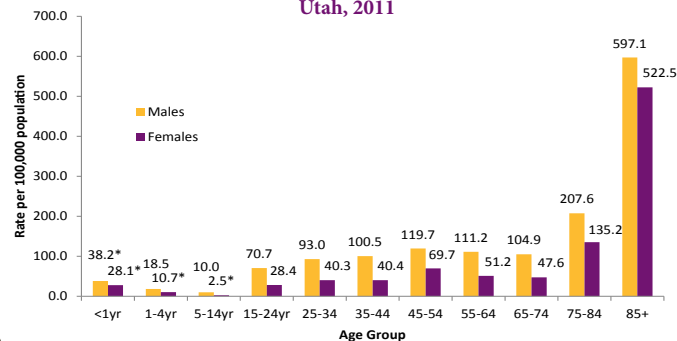


Age and Sex

Injuries are the leading cause of death for Utahns ages 1-44¹.

Males have a higher rate of injury deaths than females for every age group (**Figure 2**)¹.

Figure 2: Crude Rate of Injury Deaths by Age Group and Sex, Utah, 2011



Cost

Injuries and violence cost more than \$556 million in hospitalization and emergency department charges. That's enough money to buy nearly 3,000 homes in Utah!³

Prevention Tips

- If you or someone you love is suicidal, call for help. Help is available 24/7. If you live in Utah, call the Statewide CrisisLine at **801-587-3000** or call the National Suicide Prevention Lifeline at **1-800-273-TALK**.
- Never take a prescription pain medication that is not prescribed to you and never take it more often or in higher doses than prescribed.
- Dispose of all unused and expired prescription pain medications properly by following the guidelines at www.useonlyasdirected.org.
- Wear a seat belt every time you drive or ride in a car.
- Buckle kids in the back seat of a car using a child safety seat or booster seat until the child is eight years of age and at least 4 feet 9 inches tall.

- Wear a helmet while riding bicycles, motorcycles, scooters, OHVs/ATVs, snowmobiles, and during sporting activities.
- Reduce hazards in the home that can lead to falls.
- Exercise to increase strength and improve balance to help prevent falls.
- If you or someone you love is in a violent relationship, call for help. Help is available 24/7 by calling the Utah Domestic Violence Link Line at **1-800-897 LINK (5465)** or the Rape & Sexual Assault Crisis Line at **1-888-421-1100**.
- Keep your baby safe during sleep. Follow the safety tips at www.nichd.nih.gov/sids.

Injury and Violence Prevention in Utah

The Utah Department of Health Violence and Injury Prevention Program (VIPP) has been striving to eliminate needless suffering and death from injuries and violence for more than 30 years.

VIPP collects data and provides prevention resources on child injury deaths, child abuse and maltreatment, child passenger safety (such as car and booster seats), dating and domestic violence, infant sleep related deaths, motor vehicle crashes, falls among older adults, prescription drug overdoses, rapes and sexual assaults, student injuries, suicides, teen driving, traumatic brain

injuries, and violent deaths (such as homicides) in Utah.

VIPP is the lead agency for Safe Kids Utah and coordinates with Safe Kids local coalitions and other community programs to provide free or reduced cost car and booster seats for children.

VIPP contracts with local health departments to provide: car seat checks, free or reduced cost car and booster seats; programs and resources to improve seat belt use and teen driving behaviors; and other injury prevention activities.

VIPP funds Rape Crises and Prevention Centers to provide sexual assault primary prevention services.

VIPP also links individuals with traumatic brain injuries and their families to resources in their community and contracts with 501(c)(3) charitable clinics to provide rehabilitation services to individuals with spinal cord or traumatic brain injuries.

VIPP receives federal funding from the Centers for Disease Control and Prevention and Health Resources Services Administration. VIPP also receives a small amount state funding to coordinate the Traumatic Brain Injury and Spinal Cord Fund.

Resources

- Utah Department of Health Violence and Injury Prevention Program
<http://health.utah.gov/vipp>
- Safe Kids Utah
www.safekidsutah.org
- Use Only As Directed
<http://www.useonlyasdirected.org>
- Zero Fatalities
<http://ut.zerofatalities.com>
- Brain Injury Alliance of Utah
<http://biau.org>
- Utah Division of Substance Abuse and Mental Health
www.dsamh.utah.gov

References

- 1 Utah's Indicator Based Information System for Public Health (IBIS-PH), 2011 data [cited 2013 August]
- 2 http://en.wikipedia.org/wiki/EnergySolutions_Arena
- 3 The average home price in Utah as of November 2012 was \$188,625. Source: <http://utahrealtors.com/find-homes-realtors/articles-and-information/utah-median-home-price-steady-in-november/>

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If your life has been affected by an injury or violence, the Utah Department of Health wants to hear from you. Share your story with the Utah Health Story Bank at www.health.utah.gov/bhp/sb/.

Our Mission

VIPP is a trusted and comprehensive resource for data and technical assistance related to violence and injury. This information helps promote partnerships and programs to prevent injuries and improve public health.

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